

Hot Apple Cider

2 cups water
3 sticks cinnamon
1 tablespoon whole cloves
1/2 teaspoon whole allspice
2 quarts unsweetened apple juice

Place the water and spices in a large pot and bring to a boil over high heat. Reduce the heat to low, then simmer for 10 minutes. Strain the mixture, discarding the spices, and return to the pot.

Add the apple juice to the water, and simmer over low heat until thoroughly heated. Serve warm in mugs. Yield: 20 servings



NUTRITION FACTS (PER 1/2-CUP SERVING)

Calories: 46 Cholesterol: 0 mg Fat: 0 g Fiber: 0 g Protein: 0 g Sodium: 3 mg

Source: Fat-Free Holiday Recipes